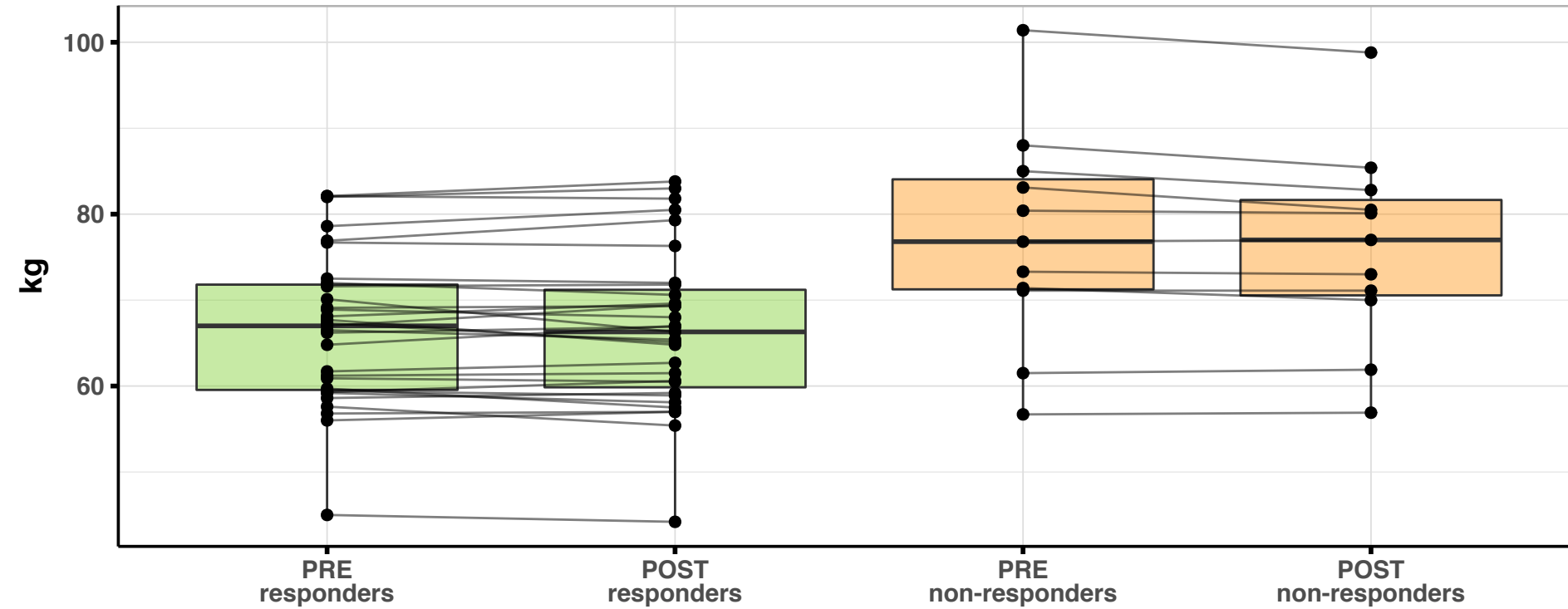## Body mass

Within responders: d = -0.04 (very small), 95%CI [-0.4; 0.31], p > .999
Within non-responders: d = -0.8 (large), 95%CI [-1.55; -0.11], p = 0.119
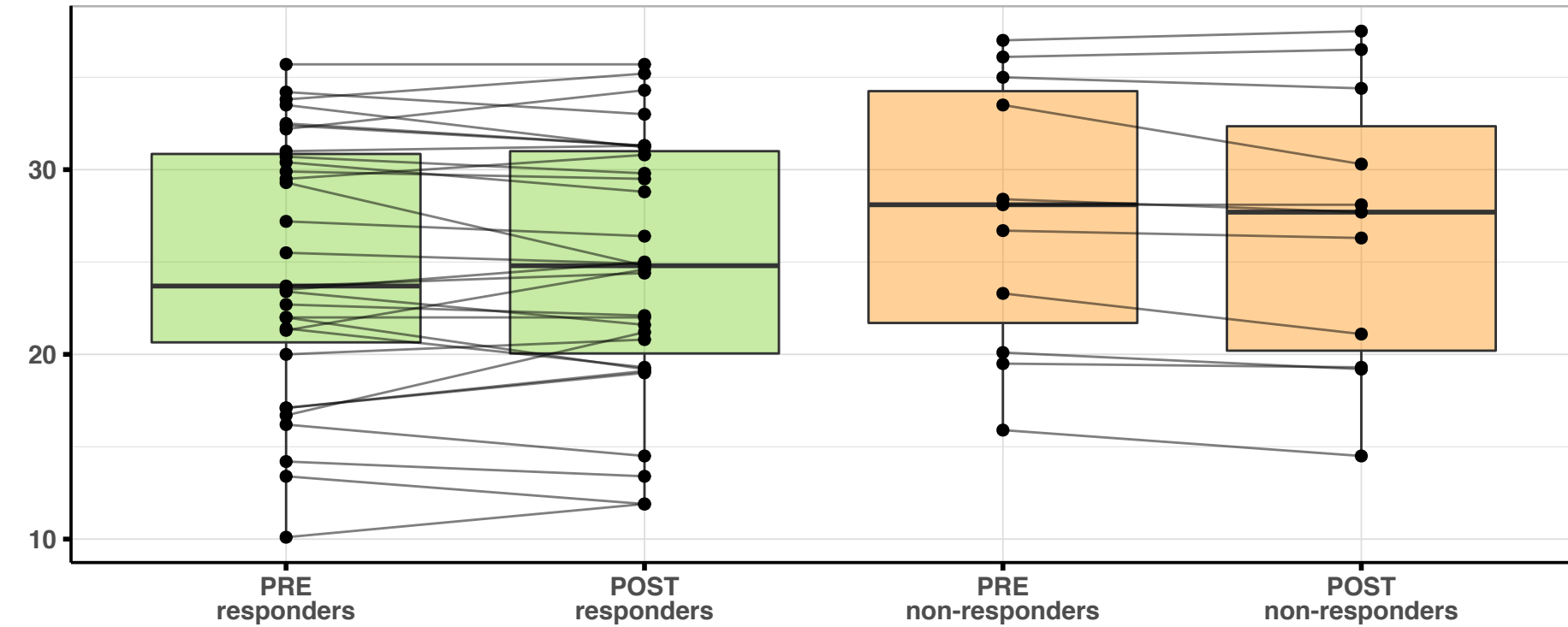**Between responders and non-responders**: d = 0.63 (medium), 95%CI [-0.07; 1.33], p = 0.059

Body fat

Within responders: d = -0.07 (very small), 95%CI [-0.43; 0.28], p > .999
Within non-responders: d = -0.71 (medium), 95%CI [-1.43; -0.03], p = 0.162
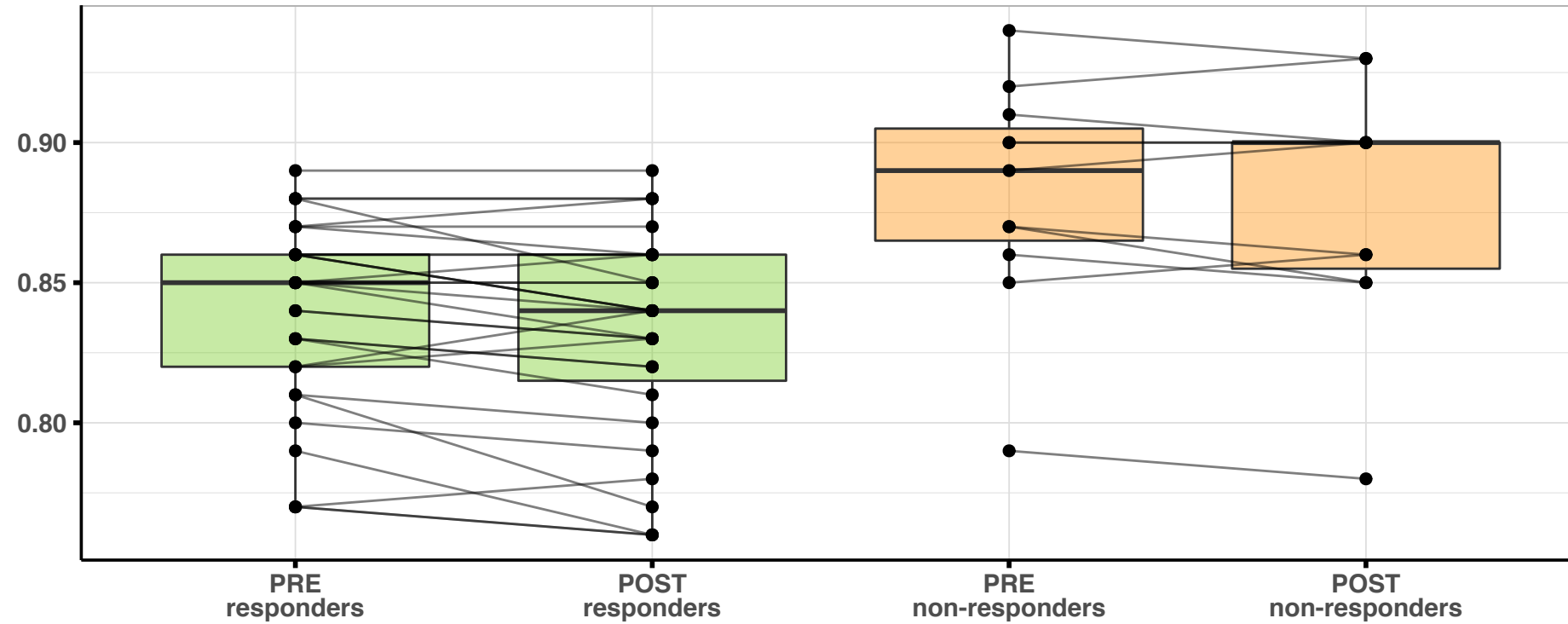**Between responders and non-responders**: d = 0.37 (small), 95%CI [-0.32; 1.07], p = 0.184

Waist-to-hip ratio

Within responders: d = -0.58 (medium), 95%CI [-0.97; -0.2], p = 0.021
Within non-responders: d = -0.35 (small), 95%CI [-1; 0.28], p = 0.801
Between responders and non-responders: d = -0.32 (small), 95%CI [-1.01; 0.37], p = 0.305

BMI

Within responders: d = -0.1 (very small), 95%CI [-0.46; 0.26], p > .999
Within non-responders: d = -0.94 (large), 95%CI [-1.72; -0.21], p = 0.078
Between responders and non-responders: d = 0.51 (medium), 95%CI [-0.19; 1.21], p = 0.076